

GRAY DAVIS
GOVERNOR

HEALTH AND HUMAN SERVICES AGENCY

State of California



GRANTLAND
JOHNSON
SECRETARY

Agency Departments & Boards:

Aging

Alcohol and
Drug Programs

Child Support
Services

Community Services
and Development

Developmental
Services

Emergency Medical
Services Authority

Employment
Development
Department

Health Services

Health and
Human Services
Data Center

Managed Risk
Medical Insurance

Mental Health

Rehabilitation

Social Services

Statewide Health
Planning and
Development

Workforce
Investment

May 2001

Dear Stakeholder,

California continues to experience electrical shortages and rolling blackouts. The Governor and his staff are working hard to address the energy crisis and to develop solutions. During this challenging period, I encourage each of you to use energy wisely and to be aware of the needs of your frail friends, relatives and neighbors during times of extreme heat.

With summer fast approaching, here is some health and safety advice and a few warm weather energy saving tips. Remember that your health and that of your loved ones is most important.

Summer heat can create unhealthy conditions for many. The elderly, the ill or disabled, and the very young are the most vulnerable during extreme heat conditions. To prevent heat related health problems for you and the people you care about, we strongly suggest that you use these simple tips and that you encourage those in your care to do so as well:

- Drink plenty of fluids even if you are not thirsty.
- During heavy exercise, drink 16-32 ounces of cool fluids per hour (be sure to consult your doctor before altering your daily activities).
- Wear light clothing.
- If you do not have air conditioning, visit an air-conditioned building – the grocery store, the mall, your local library – this is a good time to see a movie.
- Take a cool shower or bath.
- Pace yourself in physical activities – schedule activities in the early morning or the evening.
- Never, leave people or animals in a car or non-ventilated space.

If you know someone who is frail or elderly call or visit them regularly and check on their situation during a blackout or period of extreme heat.

Conserving energy is one way each of us can help minimize the number of blackouts that may be required this summer.

Here are some things you can do in your home:

- Turn up your thermostat to 78 degrees when you are home and 85 degrees when you are away.
- Use your appliances wisely – avoid running your appliances during the peak hours of 4:00 p.m. to 6:00 p.m.
- Eliminate wasted energy -- turn off appliances and lights when not in use.

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Low cost energy solutions include:

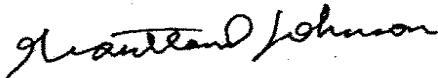
- Replace air conditioner filters.
- Plug your home's leaks—weather-strip, seal, and caulk leaky doors and windows.
- Replace your incandescent light bulbs that are used more than two hours per day with Energy Star compact fluorescent bulbs.
- When replacing appliances, buy Energy Star products.
- Install window shading—awnings, patio covers, solar window screens.
- Use strategically planted trees, shrubs and vines to shade your home.
- Seal ducts.

Businesses should adopt similar energy saving solutions.

For more information visit www.flexyourpower.ca.gov.

Thank you for your help in the State's efforts to protect the health and safety of others and to reduce energy consumption.

Sincerely,

A handwritten signature in black ink, appearing to read "Grantland Johnson". The signature is fluid and cursive, with the first name "Grantland" and last name "Johnson" clearly distinguishable.

GRANTLAND JOHNSON
Secretary